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No. 1 HARMONIOUS

We are asked again and again to give a character sketch of Durrant, the unfortunate young man now lying in San Quentin under sentence of death for the murder of two young ladies in Emanuel Church, this city, two years ago.

In May 1895, we gave a delin-
eation of his character from the
above portrait of him by Parting-
ton, at the time. Then we had
not seen Durrant. An Examiner
reporter on April 20th, that year,
obtained for us a police permit to
see the prisoner, but he refused to
be seen privately.

We saw him in court later
in charge of the jailer, and can say
that the above drawing was a good
sketch of him when he committed
the awful deed.

In order to understand his men-
tal status we introduce for com-
parison two other figures.

No. 1 is that of a young lady
whose head shows a harmonious



No. 3 DURRANT

development of the moral and
social sentiments and a correspond-
ing development of the animal
propensities and intellectual facul-
ties, hence there is harmony of
character.

In such evenly balanced heads,
under ordinary training, there will
be, as seen in this case, an equal
division of the four parts of the
face.

In cut No. 2 the type is immoral,
the upper region of the brain as
indicated by the dotted lines is
deficient, the base brain and crown
predominating, such a one has
strong animal propensities unre-
strained by weak moral faculties,
hence he naturally leads an im-
moral life, it is the criminal type;
and the lower division of the face
corresponds to the predominance
of the animal over the intellectual
and moral forces of his nature. If
the reader draws a line across the
face at a point where the wings of



No. 2 IMMORAL

the nose join the lip, he will see
the lower or animal division of
the face holds sway.

Coming to Durrant, No. 3. It
will be observed that the moral
faculties as indicated by shallow-
ness of the brain above the line are
rather weak when compared to the
propensities below. The animal
division of the face is prominent
and projecting, especially the lips
which are thick, denoting sexual
passion amounting to ferocity, un-
restrained by weaker moral fac-
ulties.

The nose is concave and it be-
trays weakness of control, hence
he would be all the more likely to
give way under strong excitement,
notwithstanding the fact that the
intellectual faculties are fairly well
developed.

While the passions were kept
under he passed as an exemplary
young man, was a Sunday School
teacher and possessed as a medi-

cal student a good standing in society.

The negroes of the south, whose thick lips and heavy base brain show uncontrollable sexual passion when not restrained by fear of God, the laws of man, or the moral faculties; committing rape on unprotected females, impelled as they are by mad desire arising from an inflamed condition of the animal organs, and are often for the time being excited to insanity.

We are not of the opinion that uncontrolled passion under the plea of insanity, should place men outside the reach of the law, but that this NATURAL view of men teach us to be charitable to those who are so unfavorably organized.

It is hard for men to get away from themselves. They generally act according to their organization, and it is a struggle for a man to lead a pure moral life with a low immoral type of brain, unless sustained by a power higher than himself. In his carnal state he will ever remain a degenerate.

On the other hand those who are born with a harmonious development as No. 1 is, find it easy to lead a good moral life. She is an upright and virtuous young lady of this city who is blessed with a good parentage. The moral and intellectual faculties are strong enough to sustain her under the most trying circumstances.

The Reasons Why.

One who is very small in the organ of tune, and possessing a temperament unfavorable to music, may never become a successful musician however hard he may try.

If the faculty is fairly developed and active and the temperament emotional and idealistic, continued practice, hard study and perseverance will enable such a one to become an accomplished musician, but one who possesses a more favorable organization would learn quicker and with less effort. These are the reasons why there is such a difference in musicians. A phrenological examination before hand, if made by a competent phrenologist, would save much disappointment and sorrow.

A music teacher said to a mother one day, "Your daughter has a good ear for music." Probably he thought so, but it is one thing

to have a "good ear for music" and another thing to be able to perform on an instrument or to sing. This young lady after six months tuition failed to make any progress at all, simply because her faculty of tune was not only deficient, but she lacked other conditions necessary to become a musician.

Teachers of the various arts, who have no acquaintance with the principles of phrenology and physiognomy, have no method by which they can distinguish special talents even after months of experience with their scholars or pupils, hence are liable to make serious mistakes in choosing a profession or trade for others. They seem to think that training is sufficient to bring out any trait of character, in the face of the fact that some pupils learn one branch of study very readily, while in other branches the same pupil will remain stationery, making no progress whatever.

Geo. Coombe, the great Scotch phrenologist and author of many books on mental science, never could master the multiplication table, yet he was a lawyer of great eminence, and phrenology alone tells the reason why there exists this great difference in men, therefore it appears mighty strange that our public instructors after all these years are so far behind what many of the common people know through the labors of the phrenologists.

Wolf Buestine who recently died at Hot Springs, Galveston, according to the *Galveston Daily News* was a genius in mental arithmetic but could never learn to read or write his own name.

The above mentioned paper says "He offered the principal of the city schools at this place \$100 if he would teach him to write his own name within a year. The professor undertook the job and worked with great energy, but discovered that on each Monday morning every trace of the previous week's work had entirely faded from the mind of his pupil, and after five months of close attention to his undertaking, abandoned it as a hopeless case. A peculiarly constructed "BXX" was the nearest approach he ever made to penmanship, but that signature is attached to many valuable documents now on record in this county, and has for several

years passed current at the banks in New York, Galveston and Orange, often for large sums of money. It was quite as difficult to counterfeit the characters as affixed by him as it would be to successfully imitate the signature.

"Mr. Buestine as a merchant accumulated \$75,000."

Phrenology alone reveals the reasons Mr. B. was such a prodigy in mental arithmetic but so dull in other mental accomplishments, and why he accumulated such a vast estate although he could neither read or write.

"How long, Oh Lord, how long" will it be ere our public instructors, medicos and would be mental scientists thoroughly recognize and put into practice this greatest of all sciences, the science of man?

Economy No Panacea.

When you hear a man discoursing (un)learnedly about economy and saving something out of his scanty income by subsisting on a poorer living and depriving himself of every species of enjoyment and leisure, he hasn't studied his subject; If the working and other industrial classes attempt to curtail further their expenses and thus save a little surplus, in spite of low prices and hard times, another turn of the economic screws will soon be made and the little juice he had expected to save up for his future use will be squeezed out and find its way into Shylock's collection box. If the stickler for starvation economy can live on ten cents a day, when the trick is learned by a considerable number he will find he has but ten cents a day to live on.—Silver Banner.

Most Nutritious Food.

Taking all the ordinary food stuffs, says the Cincinnati Enquirer, the one that would best fulfill the requirements of life and strength would be substantial slices of whole meal wheaten bread eaten with the crust and spread with good butter. Practically all the constituents necessary for the support of life and the building up of tissues are contained in this food. It has the further advantage of being extremely satisfying. If fresh milk or buttermilk were drunk with it, an almost complete diet would be obtained so far as the mere sustaining of physical health and strength was concerned.

Phrenology the Basis of Physiognomy.

A Doctor in a city paper makes much to do about the chin as an index to character. With as much show of reason he could point to the nose, or better still, the eyes the "windows of the Soul". He speaks of the features as "faculties." He may as well say that the hands of a clock move without any motive power or that there are no wheels behind the dial plate.

Some would-be Scientists or character readers cannot see beyond the surface. They are superficial observers who fail to discern the law of cause and effect,—they are not broad enough to see that Phrenology is the basis of Physiognomy.

This writer speaks of "Protruding chins" as characterising men and women of the "get there type". This chin he says "if heavy with broad rami and swelling masseters indicates fighting blood" whilst "A retreating chin shows lack of force, mentally, morally and physically."

The fact is men who write in this fashion do not understand what they are writing about. A man can be very "moral" if he has no chin at all. Often the greatest criminals—the most immoral of men have strong and protruding chins, and prognathous jaws. The chin has nothing to do with the "morals" of a person, it obtains its form from the animal and not the moral division of the brain.

A large chin is the result of a large cerebellum or base brain; a man with a heavy base brain will be a power for good or evil in accordance with the development of the moral faculties of the brain.

If the base brain be weak, so will be the chin; and if the Doctor does not know this, he had better stick to his *Materia Medica* until he knows that there is a perfect correspondence between the brain and the face.

He speaks of a "stiff upper lip" as the "faculty of will." It would be just as sensible to say that the front door of his house is a cross beam.

A "stiff upper lip" is the *effect* of a cause—a sign of "will" surely, but also a sign of a high crown of the head and not a "faculty", but a *result* of the faculty of firmness.

Many medical men do not know

of this relation of brain to face—do not know of this law of correspondence between brain and *mind*, and seem to think because these discoveries have not been made in their school—not been promulgated in their text books, is not worth knowing; and the humour of the thing is the great mass of the people bow to the medical priest, and accept his theories as gospel; simply we presume because they know less on that subject than do the Doctors themselves; yet the medicos know so little but assume so much, and make so many glaring blunders as character readers that even Amateur Phrenologists smile.

The average Doctor is a cold materialist and is therefore less capable of understanding the finer forces of nature, and knows less about the soul or mind in relation to brain than ordinary men.

It is hard for a physician to realize that the brain has *mental* functions as well as physical, his Scalpel does not reveal it, his dissecting knife gives no evidence of it and he seldom thinks of studying the living brain in relation to character, hence he is no more competent to judge of character than other people; but this subject is being so much forced upon the popular minds to day by Phrenologists in America and Europe, that Doctors have begun to recognize the claims of Gall, that the brain is the organ of the mind, and that its form shape and texture of the body with temperament indicate character.

A physician to day who sneers at Phrenology is likely to lose patronage, because the truths of Phrenology have been brought home to the people. Every sane or truthful man who has investigated the science will acknowledge that the principles of Phrenology are founded in nature, and that by these principles Phrenologists read character of strangers correctly.

IT IS COMING. Minnesota in the Lead.

We are continually urging Schools and Universities to take up Phrenology. It is based on nature and is the only Science that reveals the *MENTAL* side of man's nature. The time is coming when Phrenologists—learned Phrenologists will be in great demand.

The Minnesota Legislature has appointed a State Commission of Phrenology in connection with which a State Phrenologist and an Assistant State Phrenologist are to be appointed.

The former official is required to examine no less than 2,000 heads a year.

It is very wearisome and sometimes discouraging to Phrenologists who see all persons as they are, and not what they seem to be to others; who can tell at a glance the nature and talent possessed by any individual, it is very wearying we say to think that Legislatures are so long in taking advantage of Phrenology. They ought to have done it 50 years ago and would have done but for *interested* opposition, but now the people are being convinced of its utility and of its value to the state, they through their Legislatures will sooner or later apply its principals, to the public schools, Universities, Colleges and all public institutions to the great joy and improvement of the race.

Wheels in the Head

The above title was the subject of a very amusing address given by the Rev. D. D. Case, at the graduating exercises of the California Medical College, in Metropolitan Hall May 19th. Dr. Case humorously referred to men who are said to have "Wheels in the Head" as those with abnormal development of brain. "No sensible man to day" he remarked "would deny that the brain is the organ of the mind," and he compared the convolutions of the brain as "wheels."

The hall was packed with a fashionable and intelligent audience and he did not forget to present some strong phrenological facts, but sandwiched in such a form that his auditors only tasted the meat after they had swallowed it.

The Reverend gentleman is a popular Methodist Preacher, an enthusiastic Phrenologist, hence in strict accord with the advance school of thought and practice as taught by the Eclectics.

When a sample copy is sent, it is an invitation to subscribe, at fifty cents per year.

Health Department.

A System of Hygienic Treatment. What is Disease?

Let us show the origin of disease by comparing the human body to a manufactory. In a manufactory there are many different departments: in each department a part of the complete article is made, and has its own special machinery for doing it. The workers in each department help to make the article, but none make it entirely. In this manufactory there is a sorting house where raw materials are taken in. If the materials used are of inferior quality, or not exactly suited for the thing to be made, then the manufacturer will suffer loss by his goods not being of the best. The sorting house is only of a certain size, and if more materials are taken in than can be used in the day, then they are stored in the various work rooms and are in the way of the workers. There is also a refuse department where the refuse from the various rooms is put: this ought to be cleared out daily or else refuse will remain in the rooms and hamper the people at their work. If the sorting house people take in more goods than there is room for, it stands to reason that workers must be drawn from some part of the manufactory to store and sort them until they can be used. If more is sent every day for weeks together than can be used daily, then the excess material is in the way and its storage has taken men from their proper work to arrange it. If this excess material was only sent in occasionally, there would not be much interference with the routine work of the place. But when sent in daily, then the regular work of the establishment is interfered with. The result is that either inferior work is turned out, or else only a small quantity of finished goods can be made. In the same way, if the odds and ends of waste are not removed daily they are in the way, and prevent the quick and regular performance of the daily work. In a properly arranged manufactory you will have a regulated supply of proper materials daily sent in, each department will work them up, a well made article of good stuff will be sent out, and the owner will gain a good name. The waste is removed as soon as made and then

the workers in all the departments work at their best speed. It is the same with our bodies. If the food, water, and air are of the best, then we supply the body with the best materials for having good health. If we only take the amount of food that is required for our daily wants, then our various organs can manufacture it into the best blood and tissues, all goes on well and we are healthy. When waste matters are daily got rid of by proper action of the bowels, kidneys, skin and lungs, then the waste does not remain in the body to hamper the functions or action of our organs. When we take more food than is required, we draw force from some other part or organ to digest it, and this part or organ must suffer. When the excess food is digested it has to be stored up in the internal organs, and interferes with their proper action. If this drawing of force from less important organs goes on for some time, these organs are injured; and if internal organs get blocked up with materials they cannot use, their action is interfered with. The want of tone in an organ, whose force has been used to help an overloaded stomach, and the blocking of an organ by material it cannot use, is called disease.

T. R. ALLISON, EX. L. R. C. P.,
Ed., &c., Author of Five Vol. of
"Medical Essays," &c.

The Bread of Our Ancestors.

A writer says, in our hard crackers, biscuits and whole wheat gems we make some approach to the bread of our ancestors, and we would do well to use more "hard tack" and less "soft stuff." The teeth have not only suffered from lack of lime in refined white flour, but also from lack of something to exercise on; and the salivary glands also are tempted to fall into a state of innocuous desuetude, because of the slight call made upon them, when one has only to gulp down a soft bread soaked in coffee, cocoa or milk. In short we need more food to compel attention to mouth digestion, and twenty bites instead of the ten now given.

There is something of a battle going on as to best methods of raising vesiculated bread, whether by leaven, yeast, baking powder, or simply "self-raising." Graham gems are raised by expanding into

steam the water in the dough, when placed in hot iron pans in a quick oven, and are necessarily well done or thoroughly baked, when made small enough. Large loaves cannot be made by this plan.

Some of our baking powder manufacturers are spending a good deal in advertising, to make us believe that in loaf making it would be wise to discard yeast and resort to their "pure baking powder." They charge yeast fermentation with being unclean and unwholesome. On the other hand, the advocates of leavened bread claim that the slight disintegration, by the fermentative process, prepares the bread for easy digestion, and makes it more palatable, while they retort on the powder people the charge that continual use of bread containing alkali is unwholesome.

The bread of our ancestors was "hard tack" made of the whole grain of the wheat and the teeth of our ancestors were white as ivory, because bread made from the whole grain just as nature creates it, and as prepared in the most palatable form from Advent Flour is the most nourishing to brain and body.

Gems, hard crackers, biscuits and ordinary loaves made from the Advent Flour are healthy and satisfying. Hygienic restaurants and sanitariums on the coast now use Advent exclusively.

The Golden Rule Restaurant, No. 959 Market St., puts Advent Flour Bread on the tables at every meal. See their ad on page 13.

What A Great Teacher Said.

Mr. Thomas A. Hyde who wrote "How to study Character", says in the introduction to his book that "He was influenced in his choice to write the book, partly by the circumstance that many statements regarding Phrenology were continually being made, not only in class rooms, but also by students and professors, which he knew from his own acquaintance with Phrenology to be unjust, unreasonable and unwarrantable."

We have now on hand Mrs. Stanton's great work, "Encyclopedia of Face and Form Reading." In sheep binding profusely illustrated \$5 here; it is too large for mailing. Sent by express, purchaser paying express.

Puget Sound Department

CONDUCTED BY PROF. D. C. SKYMOUR

May 5th, I stepped aboard one of the Steamers, of the "Straits" Steamship Co., at Port Angeles Wash, for an extended lecture tour, east. This company is noted for the regularity, with which its steamers are "on time," Captain Hastings the genial manager, is building up a record to be proud of. A ride along the southern shore of the Sound on a beautiful "May day" is a thing to never be forgotten. The blue limpid waters of Juan de Fuca, with heaving bosom and foam crested wave giving the vessel a delightful roll that brings to one's mind the old lullaby of "rock me to sleep mother, rock me to sleep," that we used to hear so often while we lay cradled in our crib. Some of the passengers who had tender stomachs seemed to have urgent business looking over the rail into the "deep, deep, blue sea," dividing their breakfast with the sporting finny tribes in the *aqua pura* below.

From the shores of the Sound the mammoth evergreen forests roll away in great waves of living green as they climb the foothills of the mighty Olympics, whose snow covered peaks seem to vie with each other in seeing which can climb farthest into the sun-kissed blue tinted bending sky.

Mts. Rainer and Baker, "so near and yet so far," great monuments of mother nature's handiwork, 12,000 to 14,000 feet high, covered with perpetual snow and ice glaciers, all above the timber line, so near that one would think he could walk to their base before breakfast and take dinner on the peak and be at home in time for the theatre same evening, yet so far that it would need a two weeks' trip to accomplish it, and none but the most rugged could possibly endure it, for Rainer and Baker are among the most lofty mountains on the continent, and a sight of them arouses the organ of Sublimity to its grandest height and we can but repeat the poet's ideal when he says "Each and all are but parts of one stupendous whole whose body nature is and God the soul."

I arrived in Port Townsend in time for dinner. It is a small city but splendidly built up with brick and stone blocks, beautiful homes,

the government has some fine buildings here as the P. O., Custom house, etc., but the town or city, like most of the other places in the country is dead! dead! dead! Wherever we go we find the great common people, who are the real kings of the country, and who have produced all the wealth, are on the verge of financial ruin or already "gone to the board." The forests, mountains, cities and towns everywhere, are full of ragged ill fed men, women and children with very little to do, with often homes and employment taken from them to fill the maw of rapacious greed.

Innumerable business blocks and fine homes in Townsend, Angeles, Seattle, Tacoma and most other places in the northwest are gone from the rightful owners, while they are in actual want. I know one noble, splendid business man with a beautiful, refined family, who five or six years ago could have sold out for \$40,000, who today is driving a delivery wagon for *five dollars a week*, and boarding himself, and the family of five or six have to live on it too, while the unpaid taxes on the \$40,000 real estate for five years has about swept them, or very soon will, of even a home to call their own, and this one case only illustrates the conditions of millions of others somewhat similarly situated. If the McKinley administration can restore the homes and prosperity of the people—the despairing, grief stricken people—their names will then become immortal and be penciled on the scroll of History with Washington, Lafayette, Lincoln and Grant.

Cleveland's administration, has withdrawn millions of acres of the finest forests on earth as "government reserve," probably for millionaire speculators to purchase in future years when the timber supply may have given out, to make more millions with. But these government forest lands belonged to the people and should be free for them to find employment in and to make homes of.

The public domain has been largely given away before this to bloated capital that should have been retained for the people for farms and homes. If the black flag must be thus flung to the breeze can we not expect ere long to see the dreadful red rag of anarchy, too, floating from the house tops

and mountain peaks. Millionaire senators and government officials do not suffer perhaps from the financial pressure, but 55,000,000 of the common people do suffer greatly, and endurance has a limit as it had in France in the days of the "commune."

Port Gamble; Wash.

Port Gamble is on an island near Hood's Canal, on the west channel of the Sound and about 50 miles west of Seattle. Here is located one of the largest saw mills on the globe, which is kept running day and night, turning out near or fully 500,000 feet of fine lumber per day, which goes to every part of the civilized globe. Timbers are often sawn here 100 feet in length and of any diameter wanted. Washington fir and cedar beats the known world for its mammoth size and strength. I arrived at Gamble in a rain storm and as I had no desire to gamble, nor to gambol, nor to go to the gambles, I billed the little city (and it is a most lovely place, with lovely homes all shaded in with fruit trees, now all in blossom, trees 20 to 30 feet high and perhaps a quarter of a century old, with flowers every where, water works, electric lights, daily steamers, mails, etc.) There is perhaps 500 to 1000 people, and it is one of the few places in Wash., or on the Coast, or any where else, that hard times is not felt. Everybody has plenty to do and gets the cash for it whenever he wants it. This Mill Co. is a very rich one and does the right thing by its employees.

I soon had the city "billed" for a lecture, and met with good returns, although the little "burg" has been over-run with shows, troupes, concerts, lectures on "Human" Nature and every other kind of nature imaginable. I was told I could do nothing here for the people were worn out with amusements and would go to nothing, but I can always get the folks out to hear me. Seventeen joined the family of Human Nature by handing in their names and their money for a year's subscription to this magazine. These 17 new subscribers are all brainy, level headed, wide awake workers and business men that know a good thing when they see it.

Is Man Immortal?

Is immortality a chimera of the selfish brain, because he wants, after grasping all he can of this terrestrial world, to be carried over the Stygian River of death, to the celestial side of life, and preempt for himself a "corner-lot" where the streets are "paved with gold." "Selfish wretch" that he is. He expects to be happy in the New Jerusalem even if all his own folks and wife's relations, not excepting the mother-in-law, are down in the *Torrid Zone*.

Now I believe there are thousands of noble men and women who are both unselfish and true Christians, but equally as large or larger a class whose religion is all selfishness. Nearly all the family of mankind believe in a future life. Is it instinct, intuition or reason, or all three combined? Are there any fools to prove a question of such magnitude as this a truth? Does death end all or is it an opening gate into a vast field where there is unending work for us to do. Is it possible that we were created (evolved) with all our wondrous powers, to learn a little about this grain of sand, this earth, and never know anything about the billions of worlds rolling on in the infinite regions of space. Are all the conceptions of the artist and poet, philosopher and thinkers but the imagery of an overworked brain? Why should we have eyes capable of catching a ray of light from the silent scintillating stars, or of perceiving their wonderful motions, if existence ends with breath? Why should we have the organ of Spirituality in our brain that continually whispers to us of a spirit and a spirit-life beyond the grave? Why should we have the faculty of Veneration if there is no infinite cause? (Call it God if you are educated that way) it all amounts to the same, only it is a different way of expressing the same thing. Are these parts of the brain given as a kind of a "Wit 'o the Wisp" to delude us?

We have the organs of Love and Philoprogenitiveness, and the world is full of men, women and children "dying" to be loved and petted. We have on an average a good development of Combative-ness, and to make life a success, we have to combat almost everything, for every *want* forces us to

combat something, to stop the want. We have Tune and the world is full of music for us to learn and enjoy, and so on with all the faculties. Nothing ever was made in vain. Our Spiritual perceptions are by far, if well developed and utilized, the grandest part of our natures. They rend the veil that hangs before our physical sight and allows us to look through a kind of spiritual telescope which partially reveals to us the pulsations and magnificence of the infinite Home and the conceptions of the Infinite Mind. As the glasses may have been colored by education, so will the lights and shadows appear of the Heavenly land to the mortal here below. Immortality is a demonstrated fact, none need to doubt.

D. C. SEYMOUR.

Napoleon's Head

Some years ago there was considerable discussion between some French scientists and English and American phrenologists concerning the size of the head of the great Napoleon. One French scientist of eminence claimed that it was small, which was emphatically denied by all phrenologists at the time. The phrenologists were correct, but some of them seemed to have had erroneous ideas concerning its form.

The cast that was taken by Dr. Antomarchi only represented the front part of the head, i. e., from the ears forward.

But before giving some measurements of Napoleon's head it will be necessary to give here for the purpose of illustration the measurement of the heads of Samuel T. Coleridge and Lord Byron.

Samuel T. Coleridge had a head that measured in circumference 21½ inches, but also a circumference over the perceptive and the base of the head of 23½ inches.

The first measurement would indicate but an average head, the second a decidedly large head.

The head of Lord Byron partook of the same physical development. The circumference was 22 inches, but much larger at the base.

The frontal region of Napoleon's head measured 14½ inches from ear to ear over the perceptive and was 6½ inches in its widest part, i. e., around the ears.

If the cast is filled out at the back so as to resemble the profile portraits of him it will measure in circumference with hair 23 inches, and at the base 24½ inches, a difference of 1½ inches. If we give the head less circumference it will leave the brain without a cerebellum.

This head is decidedly large and the form these two circumferences give is a head that agrees with his character.

This form of head accounts probably for the number of different sizes of hat he wore.

And in reference to this back head, a prominent English lady who resided at Malmaison, the residence of Bonaparte, says that his neck was enormous. Napoleon himself remarked to several scientists present once, that his head after each campaign was larger.

This statement is sufficient proof of its large size, although his head was at the beginning of his famous career simply of full size.

One of his officers, a Polish count who had a 23½ inch head, once put the hat of Napoleon on by mistake and suddenly his vision became obscured.

It is also reported by eminent authority that Napoleon and his officers while discussing the merits of phrenology took off his hat and placed it on the heads of Generals Murat and Ney, whose heads each of which measured 24 inches around and his hat fell over their eyes.

The measurements given here of the heads of Coleridge, Byron and Napoleon show that even scientists are liable to make great mistakes, as well as phrenologists when they take only one circumference measure of a head. If the phrenologists had judged the character and activity of the heads of Byron and Coleridge by the first measurement they would have greatly underrated the mental capacity of each, and it is probable this very mistake was made with the head of Napoleon the Great.

JOHN S. PRIOR.

To H. N.; Iowa City: On receipt of a self-addressed envelope we will send to you our terms to agents, but strangers are first required to be subscribers before they can receive subscriptions. Our catalogue of books is printed on 14th page.

The No-Breakfast Cure.

Many people are troubled with Headache, Biliousness, Constipation, Insomnia or sleeplessness, or suffer from Nervous prostration etc. etc.

To all such we recommend the no breakfast cure; that is, the patient should drink one pint of hot water in a morning and eat nothing for three or four hours later.

We have been doing this for over six months now, and have found great benefit from it. No more drowsiness or heavy feeling during forenoon, nerves are steadier, muscles stronger, complexion fairer, brain clearer and the spirits are brighter than before.

Dr. Holbrook, Editor of "The Journal of Hygiene" says—"The simple theory of the cure is as follows:

During sleep the muscles of the stomach are resting. Gastric juice, that indispensable element for digestion, is not supplied then, in sufficient quantity by the stomach to digest a meal until nearly noon, or rather, not until three or four hours after rising. Consequently the food ferments and produces discomfort in mind and body. Nature supplies pepsin during twenty four hours for two meals a day, and noon and evening are the proper times to eat."

Dr. Burke lays great stress on the hot water drinking and no breakfast theory as a means of cure.

We hear of wonderful results of his treatment of Chronic cases. Those who are interested in this Anti Breakfast Cure should write to him for a copy of his "Health" Journal published monthly at Altruria California. Dr. Densmore in his book "How Nature Cures" shows plainly the needs of a more abstemious diet at the best, and that Fasting is a great panacea for many ills the flesh is heir to, it gives nature a chance. Several years ago when threatened with an attack of illness we declined to eat for eight long days and nights, during that time we drank copiously of hot and cold water but took no food in any shape or form, thus helping nature to ward off the attack which she did, and now at anytime if feeling not very well, which is seldom, we simply go without anything to eat until healthy vigor is restored. A fear

of starving held by some people is simply absurd. They should read Dr. Densmore's book, "How Nature Cures."

Fasting is good for the soul as well as the body. For thousands of years fasting has been a part and parcel of all religious rites and ceremonies. Before and since the time when Christ fasted for forty days in the wilderness, abstinence from food has been recognized as essential for the purification of the body and growth of the soul. Let the sensual and groveling eat as do the hogs, until they become porcine or swinish; but those who value and strive for health will practice a little self denial. Of all the habits that of gluttony is most productive of disease, but a habit very hard to conquer by most persons.

We hear those who are engaged at hard manual labor say, "Oh, I could not get along without breakfast. It is the best meal I have."

These very people complain of that "tired feeling" and are continuously taking medicine. Those who have adopted the no breakfast plan and ceased to take medicine have got well and kept so, and the hot water satisfying have wanted no breakfast until noon-time although working hard. Then they enjoyed a hearty meal, whereas before they seldom did.

Dr. Dewey, of Pennsylvania, has written the story of this evolution in higher living, in a well-bound book named "The Gospel of Health." Price \$1.25. It is due to him that so many thousands have adopted this plan and are enjoying good health today.

For 17 years in his extensive practice Dr. Dewey has followed this plan of treatment with all his patients with the most wonderful success.

Honest doctors are getting disgusted with the terrible drugging system which has destroyed millions of lives and doctors know it.

Birds of the air, fishes in the sea or animals in their wild and native state are never sick, and unless by accident never die only of old age. They need no drugs; possessing in their own bodies, as do men, recuperative power to overcome all disease if nature can have her way.

When a sample copy is sent, it is an invitation to subscribe, at fifty cents per year.

A Plea For The Apple.

A Brooklyn physician translates the folling from a German writer. "The apple is such a common fruit that few persons are familiar with its remarkably efficacious medicinal properties. Everybody ought to know that the very best thing he can do is to eat apples just before going to bed. The apple is excellent brain food, because it has more phosphoric acid, in an easily digestible shape, than any other fruit known. It excites the action of the liver, promotes sound and healthy sleep and thoroughly disinfects the mouth. It also agglutinates the surplus acids of the stomach, helps the kidney secretions and prevents calculus growth, while it obviates indigestion and is one of the best preventives of diseases of the throat. Next to lemon and orange, it is also the best antidote for the thirst and craving of persons addicted to the alcohol and opium habit."

The Vice of Overeating

How much harm is done to health by our one sided and excessive diet no one can say. Of the vice of overeating, as practiced by the well to do classes in England especially, Sir Henry Thompson, a noted English physician and authority on this subject, says:

I have come to the conclusion that more than half the disease which imbitters the middle and latter parts of life is due to avoidable errors in diet, and that more mischief in the form of actual disease, of impaired vigor and of shortened life accrues to civilized man in England and throughout central Europe from erroneous habits of eating than from the habitual use of alcoholic drink, considering as I know that evil to be."—Sanitarian.

The First Teacher.

Mystery of all the ages,
Angel of power and flame!
Not dimmed is thy wings' burnished splendor,
Nor drooping thy spirit in shame.
First of the princess celestial,
Nearest the heart of the light!
At last speak thy story aright.

"Only through knowledge of evil
Comes man to knowledge of right;
Only in struggles of blindness
Was evolved, through the veils, his sight.
Ever falling, yet still rising higher,
Soul comes to her kingdom again:
This is eternity's secret.
This is my mission to men."
—ELIZA ARCHARD CONNOR

Human Nature

A MONTHLY JOURNAL DEVOTED TO
Phrenology, Physiognomy, Health,
Medical and Social Reform

Entered at the Post-office at San Francisco
as second-class Mail Matter, Sept. 29, 1890.

50 Cents per year. Single Copies, 5c,
IN ADVANCE.

ALLEN HADDOCK,

EDITOR AND PROPRIETOR

C. P. HOLT, Associate Editor
D. C. SRYNOUR, Editor Puget Sound Dept

Professor Haddock is the author of and accepts responsibility for all unsigned articles and paragraphs. The moral responsibility for signed articles devolves upon the writer whose name is attached.

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We hope our friends will remember that all money orders, American or International, must be drawn on the Post Office at San Francisco, Cal., or through an Express Company and made payable to Allen Haddock at 1016 Market Street. Do not send checks on local banks. If money orders are inconvenient, send 2-cent U. S. stamps.

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RENEW YOUR SUBSCRIPTION.

In justice to our subscribers and ourselves we cease sending HUMAN NATURE promptly upon the expiration of subscription. Our price for back numbers is ten cents each.

San Francisco, Cal., June, 1897

PHRENOLOGY A BLESSING TO MANKIND

About a year ago we gave a phrenological reading and advice to a young man, and he comes back in this wise,

"Your advice has been of infinite value to me * * * * It almost startles me to think of the immense influence you have had upon my character. * * * By the light of phrenology you put me on the right track—gave hope to a sad heart. You revealed to me the operation of natural laws, and as a minister of God's law you have blessed my life. Phrenology is a blessing to mankind."

The writer of the above lives in Nebraska. We only saw his photograph.

Here is another whom we examined personally in the office about one year ago.

Chicago, April 16, 1897.

Prof. Allen Haddock

1616 Market St.

San Francisco

Dear Sir: Please find enclosed an order for 50 cents, being the renewal of my subscription for "HUMAN NATURE."

About a year ago, while in San Francisco, you gave me an examination with a descriptive chart. At that time some of the points seemed rather strange to me, but since then I have been intensely interested in studying myself as revealed by phrenology, and I have found your delineations to be very exact. In fact you knew me better than I knew myself.

Respectfully yours,

L. W. LINDGREN.

193 Ontario St., Chicago, Ill.

The following is from a native son of California, now residing in Colorado. He took an examination and a few lessons about two years ago.

Dear Professor:

HUMAN NATURE for May to hand. It is a grand number. * * * I am doing well in Colorado. As stated in your examination I could become an expert as an assayer. I am one now by profession. I have "an affinity for metals," as stated in your chart.

In reading this month's HUMAN NATURE I was attracted by one article especially. I mean that in relation to believers and skeptics, which suits my case exactly, also

that of my partner: he is large in veneration and small in spirituality and a raulk infidel, while I am small in veneration and large in spirituality and a Christian. * * * I am glad to see you look as well as ever according to your picture in the group on Mt. Tamalpais.

I enjoyed Prof. Holt's lecture at the California Medical College. He hit the Doctors all right.

Every mail brings good news of our work. It is enough pay for us to know that our humble efforts (through the aid of phrenology) to bless mankind meets with success. But the great majority of the people is still in darkness as to the utility of the science.



One of our students told his audience not to laugh, but the above two men had to laugh to keep from crying.

The speaker illustrated his remarks by our *new* set of portraits, Contrasted Heads, and those of Men and Animals.

WEIGHT OF A HUMAN BRAIN

"Some interesting facts," says Dr. D. G. Brinton in Science, "were developed by Professor Ranke at the last meeting of the German Anthropological Society, in relation to the relative weights of the brain and spinal cord in man. It is well known that man has not the heaviest brain of any animal; the whale and the elephant have heavier. Nor has he the heaviest in proportion to his weight; some singing birds, various small apes and the mole have proportionately heavier brains. What Ranke brings out is that the weight of the human brain is greater in proportion to the weight of the spinal cord than in any other vertebrate; and this, therefore, constitutes an anatomical distinction of man, strongly contrasting him with all other animal forms."

**If You Can't Come to Our
Office
Send Us Two Views of Your
Head and Face.**



TIN TYPES OR ORDINARY PHOTOGRAPHS.

State height, weight of body, size of head, in inches, measuring by tape a little above the ears, and height overcrown from opening of ear to ear. Color of hair, eyes and complexion; age, single or married; education and present occupation; give name and address and enclose \$1 for a marked chart, or \$2.50 for a type-written delineation describing character, disposition, what to cultivate and restrain, occupation best adopted to follow by nature, adaptation in marriage, etc.

For \$5 we give all above with a more elaborate description and with best advice on health, etc. In all health matters we are assisted by an experienced Hygienic physician. All photo's returned.

Our Course of Lessons.

We give private lessons in Phrenology and Physiognomy daily at the office. Students received at any time.

Our method of teaching is simple. We do not confound students with technical phrases, but teach them how to read heads and faces as easy as reading a placard on the wall.

Each lesson takes one hour. Some pupils take two lessons per day; others one; others still, only one per week. Students make their own time.

Short Course, 8 lessons.....\$10.00
General Course, 22 lessons.....\$25.00
Professional Course, 45 lessons.....\$50.00

The Professional Course earns a Diploma.

BOOKS.

We call our reader's attention to the advertisement of books on page 14. We have every book in stock as advertised, and ready to mail any of them to distant buyers at a moment's notice without extra charge for postage.

Lessons By Mail.

You are anxious to learn how to read character as revealed by the twin sciences, Phrenology and Physiognomy, but too far away to attend a college where the art is successfully taught, or you cannot spare the time away from home during instruction.

We have prepared a course of Type-Written Lessons by Mail that will teach you how to read character at sight and in detail.

For the convenience of students we mail these lessons for \$25, at the rate of two per week at \$5.00 per month in advance or faster if desired, and payments accordingly, at the end of which time students are qualified to read correctly their friends and the photographs we mail them to read.

If you need further particulars enclose stamp for reply.



A Symbolical Chart.

Two years ago, a young artist, Mr. John T. Haddock, painted for us in oil a large Symbolical Chart, illustrating every faculty of the brain, for our own use in the office. It is an immense picture measuring 7 feet by 4 feet, and has been very much admired for its artistic merits; it cannot be reproduced for less than \$50.

We have a facsimile of this famous painting illustrating Phrenology symbolically, which is got up in the same colors and mounted on canvas and rollers for hanging, but half the size, namely 3 feet 4 inches by 2 feet 4 inches, including margin, which we will express for \$3, C. C. D., or \$3.50 with name, etc., painted on as ordered.

These charts will be an ornament to any parlor, and as there is no printed matter or advertisement on them of any kind, having a blank space at the bottom where Phrenologists can add their own name, etc., they will be found the most attractive sign that travelling phrenologists can have and will bring their cost every day in examinations.

TO PHRENOLOGISTS.

Travelling lecturers desiring to increase their income by doing a greater volume of business, should write to HUMAN NATURE office for particulars, enclosing a self-addressed stamped envelope for reply.

When writing to this office, friends will confer a favor by sending us addresses of thinking and liberal minded people to whom to send sample copies of HUMAN NATURE.

Subscribe for HUMAN NATURE; only 50 cents a year.

NEW EDITION

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Business and Marriage
Tables Added.

A new edition of this incomparable and perfect chart now ready for Phrenologists

Price, \$10 per hundred. Single Copies, or in lots under fifty, 12 cents each.

Address,

Human Nature Office
SAN FRANCISCO, CALIF.

HOW NATURE CURES.

We have just bought the remaining stock of this wonderful book from Mr. Manning, price \$2, and will clear them out at the reduced price of \$1.25, postage paid to any address.

We regard the work of teaching the people how to avoid illness, as the most important in which we can engage.

Those who wish books pertaining to phrenology or kindred subjects, or desire the Phrenological Journal can obtain them of us at publisher's prices. All orders promptly filled and everybody satisfied.

LOOK ALOFT.

When I was a boy, like most New England youths I took a vacation from school and went to sea. Hard tack, salt junk and rough usage soon cured me of my romantic ideas, and I returned to the school room a sadder if not a better boy. The best lesson I learned while pulling tarred ropes was instilled into my mind by an old sailor, who being with me in the rigging one day, observing that I was looking tremblingly down upon deck, cried out, "Look aloft boy! look aloft!" I did as directed and like magic my timidity vanished. My head no longer swam. I saw the blue sky above and my mind was clear again. Often since then, when the tempestuous seas of life have surged around and terror seized me, I have remembered the injunction of the sailor to "look aloft," and gazing into the blue of heaven my soul has calmed and peace returned. I do not mean a heaven of gold paved streets, but the heaven of which Jesus spoke when he said, "Behold the Kingdom of Heaven is within you." Ah! yes there is heaven, but it is not below, it is aloft. The groveling mind never sees the pearly gates, never catches a glimpse of the inner glass.

There are many good, pure minded men and women (principally women) in this unfinished world, but there are a much larger number of dirty souls, who seem steeped in filth in which they wallow like swine in mud. There are apologies for men who never open their dirty mouths but to express some dirty phrase, never look upon a young girl or a beautiful virtuous woman but to leer and send after her a torrent of horrid, sensual, dirty thoughts which besmirch the spiritual atmosphere for rods around. Then when she has passed from their sight their language is such as would make a devil blush.

"Out of the abundance of the heart the mouth speaketh." If these soiled souls would "look aloft" they would see things cleaner. I am not unmindful that men act in accordance with organization, and I sometimes think if I were God I would wipe out the whole dirty brood and begin over again.

"And the Lord repented that he

made man and it grieved him at his heart." (Bible.) I don't wonder; but what did he make such a botch job for? Look at it in any light we may, whether from special creation or evolution, if an all-wise, all-powerful God is at the bottom of the business it seems as though a better piece of work could have been produced than the dirty souls who see nothing but filth, speak nothing but nastiness and leave a dirty trail behind them. I think I understand just how these dirty folk get into the world; it is because their ancestors were like themselves and their environments have been unfavorable to moral growth, then they proceed to perpetuate their ugly pictures in generations, yet unborn, and so the business of multiplying and punishing the earth goes on, and prisons, insane and idiotic asylums accumulate and are filled. Where is the hope for people who don't like tobacco and filth? I think I have an idea. "Look Aloft," and get these other brethren to gaze upward too:

A practical joker one day in a crowded street stopped suddenly and gazed intently into the sky, quickly he had a multitude of people around him, all peering upward to see what the man was looking at. I think here is a hint for us all who wish to reform the world and get these wallowers out of their muddy pools. Let us look aloft, and see how soon we will have the whole crowd of the street gazing into the blue sky. First get the beam out of our own eyes, then remove the mote from the eyes of our brothers. "Blessed are the pure in heart for they shall see God." Look aloft.

C. P. HOLT.

PEOPLE'S PRAYER.

God give us men! A time like this demands strong minds, great hearts, true faith and ready hands:

Men whom the lust of office does not kill
Men whom the spoils of office cannot buy;
Men who possess opinions and a will;
Men who have honor—men who will not lie;
Men who can stand before a demagogue,
And damn his treacherous flattery without winking;

Tall men, sun crowned, who live above the fog
In public duty and in private thinking.
For while the rabble, with their thumb-worn creeds,

Their loud professions, and their little deeds,
Mingle in selfish strife, lo! Freedom weeps,
Wrong rules the land, and waiting justice sleeps

—J. G. HOLLAND

The Old Canoe.

BY EMILY R. PAGE.

Where the rocks are gray and the shore
is steep,
And the waters below look dark and
deep,
Where the rugged pine, in its lonely
pride,
Leans gloomily over the murky tide.
Where the reeds and rushes are long and
rank,
And the weeds grow thick on the wind-
ing bank;
Where the shadow is heavy the whole
day through,
Lies at its mooring the old canoe.

The useless paddles are idly dropped,
Like a sea-bird's wing that the storm has
lopped,
And crossed on the railing, one o'er one,
Like the folded hands when the work is
done;
While busily back and forth between
The spider stretches his silvery screen
And the solemn owl, with his dull "too
hoo,"
Settles down on the side of the old canoe.

The stern, half sunk in the slimy wave,
Rots slowly away in its living grave,
And the green moss creeps o'er its dull
decay,
Hiding the mouldering dust away,
Like the hand that plants o'er the tomb
a flower,
Or the ivy that mantles the falling tower;
While many a bio-som of loveliest hue
Springs up o'er the stern of the old canoe.

The currentless waters are dead and still,
But the light wind plays with the boat at
will,
And lazily in and out again
It floats the length of its rusty chain,
Like the weary march of the hands of
time,
That meet and part at the noontide
chime,
And the shore is kissed at each turn
anew
By the dripping bow of the old canoe.

Oh, many a time, with a careless hand,
I have pushed it away from the pebbly
strand,
And paddled it down where the stream
runs quick,
Where the whirls are wild and the eddies
are thick,
And laughed as I leaned o'er the rocking
side,
And looked below in the broken tide,
To see that the faces and boats were two
That were mirrored back from the old
canoe.

But now as I lean o'er the crumbling
side,
And look below in the sluggish tide,
The face that I see there is graver grown.
And the laugh that I hear has a soberer
tone,
And the hands that lent to the light skiff
wings
Have grown familiar with sterner things.
But I love to think of the hours that flew
As I rocked where the whirls their white
spray threw
Ere the blossom waved, or the green
grass grew
O'er the mouldering stern of the old canoe.

The Banana Cure.

A correspondent of the New York Sun furnishes the following:

"Bestow a boon on humanity and help to popularize the baked banana as an article of food for rich and poor, especially the poor. No poor child need go to school hungry. One cent will buy a good sized banana, which when baked in its skin in an oven for fifteen or twenty minutes, until it is quite soft and bursts open, alone makes a full meal. Now the banana sold on street corners are really plantains. Humboldt calculated the food product of the plantain, compared with the potato, as 44 to 1. I say from personal experience that three bananas weighing one pound are equal in nourishment to twenty-six pounds of bread when baked.

Bananas should never be eaten raw; they are full of animal germs and are productive of tape-worm. Raw bananas are very indigestible. Youngsters fed on raw bananas nearly always suffer from disease of the intestinal canal and convulsions. Physicians call such children 'banana babies.'

"Baked bananas are also the ideal food for nervous persons and anæmics; also brain workers. I learned their great power to sustain mental effort in India. If Wall Street brokers and others who are under great mental strain would, on two mornings every week, include a couple of baked bananas in their menu and leave out the steak or chop, they would last longer. I am as hard a brain worker as any person in New York and I have subsisted for years on baked bananas. When I see lean, blood-poor persons I advise them to eat baked bananas, and they unfailingly build up and gain flesh.

"This subject might not inappropriately be called the 'banana cure,' because many diseases can be cured by eating baked bananas, and it merits the closest investigation. The introduction of the potato was a great boon to the people, but I predict that the spreading of the above facts over this country will prove of greater benefit."

Prof. Gates and Phrenology.

Prof. Elmer Gates the eminent Psychologist of Washington D. C. says "Every Mental Character

finds expression in form and feature throughout the whole of animal life.

Even recent emotional expressions are graphically depicted in physiognomy, and when such expressions are long continued the phrenological features are also affected. There is, therefore a sound scientific basis for character reading.

The art in the hands of good practical Phrenologists has enabled them to make reading of character which could not have been the result of guesswork, and the percentage of correct delineations has been far greater than their mistakes."

Phrenologists are indebted to Prof. Gates for this endorsement, he is a gentleman who stands high in the government and nation as a scientist, but when he goes on to say that the "Old Phrenologists" taught that "Memory" was confined to "a definite location in the forehead," he is wrong; neither the old or new phrenologists ever taught such a thing. The old Phrenologists as well as the new teach that the organ of "Eventudlity," sometimes misnamed "Memory" is located in "a definite location in the forehead" which professor Gates cannot or does not deny, and they agree with him that "every area of the brain cortex has its own memory," that is just what they do teach, as he may find out by consulting any Phrenological work whether old or new.

Professor Gates is fair—fairer in his remarks about Phrenology and Phrenologists than are most men who are not acquainted fully with what Phrenology teaches, but he is certainly mistaken if he thinks we teach that "memory is confined to a definite location in the forehead," because we know and have always declared that every organ has a memory of its own, but that the general storehouse for facts is Eventudlity located in the center of the forehead.

NO QUESTION IS EVER SETTLED UNTIL IT IS SETTLED RIGHT.

However the battle is ended, though proudly the victor comes
With fluttering flags and prancing nags and
echoing roll of drums,
Still Truth proclaims this motto in letters
of living light:
No question is ever settled until it is settled
right.

Though the heel of the strong oppressor
may grind the weak in the dust.
And the voices of Fame, with one acclaim,
may call him great and just,
Let those who applaud take warning, and
keep this motto in sight:
No question is ever settled until it is settled
right.

Let those who have failed take courage, tho'
the enemy seems to have won,
Tho' his ranks are strong, if he be in the
wrong, the battle is not yet done.
For, sure as the morning follows the darkest
hour of the night,
No question is ever settled until it is settled
right.

O man bowed down with labor! O woman
young yet old!
O heart oppressed in the toiler's breast, and
crushed by the power of gold!
Keep on with your weary battle against
triumphant might;
No question is ever settled until it is settled
right.

Elia Wheeler Wilcox

LIFE IS A RIVER.

Life is a river, and man is a boat,
That over its surface is destined to float:
And joy is a cargo so easily stored,
That he is a fool who takes sorrow on board;
We all have a taste of the ups and downs,
As fortune dispenses her smiles and her
frowns;
But may we not hope, though she's
frowning to-day,
That to-morrow she'll lend us the light of
her ray.

I would not that man without caution
should steer,
O'er the quicksands and rocks that encircle
us here;
Be honor his compass, the magnet his
breast,
Let him turn to truth's cause, and to God
leave the rest;
There's plenty of sunshine, then why
choose the shade,
Half the troubles that come o'er us our own
fears have made.
Then go right ahead and there's joy's
smiling bay;
Why turn from your course to meet trouble
half way.

Would summer be prized for its fruits and
its flowers,
If winter ne'er followed storms, winds and
showers;
And do not the brightest of pleasure ap-
pear
Still brighter when chequered by moments
of fear.
I ask not for gold nor its comforts in
wealth
So dear to the heart is contentment and
health,
And give me but these, nought can add
to my store,
Without them, though riches are mine I
am poor.

Political Record.

Subscribe for HUMAN NATURE
50 Cents a year in advance.

Contagion of Murder.

Hypnotic Suggestion.

A French writer has published a volume entitled "Contagion of Murder" in which he traces cases of homicidal mania through the hypnotic suggestion of newspaper articles and pictures of assassinations.

All criminologists agree that a great amount of crime committed is the result of hypnotic suggestion. Of course good, moral men are not subject to the hypnotic spell of evil, but all men are not good.

The atmosphere of crime is contaminating. "Evil communications corrupt good manners." Evil thoughts lower the moral tone in proportion as they excite all the lower propensities of the brain.

The Secretary of The Society for the Suppression of Vice in this city fell a victim to vice himself, and was shot at by the enraged father of a young lady in Oakland.

A Scribe sees evil in the actions of every prominent citizen he dislikes; he may yet fall a victim to his own suggestions—become self-hypnotized. "Evil be to him who evil thinks."

There were over 10,000 murders in this country in 1896. This is an increase of 300 per cent over the same period of time ten years ago. (1886.) The inefficiency of our courts are mainly responsible for this increase. They keep murder cases on the calendar for years and years, often until the principal witnesses die or remove outside their jurisdiction, when the prisoner either gets clear altogether or is let off with a light sentence.

This continual recurrence of criminal cases keep the public mind charged with the thought of crime, with the result that the morally weak fall victims to the evil spell of hypnotic suggestion.

Take the McNulty case, which lingered in the courts for 5 years. It was a cold blooded murder, but so lax are our laws, so favorably are they to shield a criminal, or offer avenues of escape when aided by competent liars? (lawyers) that the murderous wretch, although sentenced to be hung no less than four times, at last escaped the gallows because he had friends in court. He is now serving a life sentence.

No wonder there are so many murders, and on the increase, when it takes two, and sometimes four and five years for a murderer to reach the end of his rope.

Durrant's case has lingered already over two years. He is sentenced to hang the 11th day of this month. We have no doubt of his guilt. There is too much dilly-dalling with the law. This continual shaking of the bloody rag has a demoralizing effect on the people, and those who have considered antenatal conditions appertaining to the race, know of the evil tendencies that will be impressed upon the minds of thousands yet unborn. Murder is contagious. Printed accounts of murder are too suggestive and hypnotic. Every daily paper reeks with accounts of crime. If we go on as we have been doing since 1886, when the number of murders were less than 3000 to over 10,000 in 1896, we shall reach 33,000 murders in 1906—More than is slain in any great battle in time of war, and we are supposed to be living in peace.

However humiliating, it is right we should call attention to where we are drifting to and remedy the evil.

BOOK NOTICE

The Nature Cure.

The Nature Cure—By Marvin E. Conger, M. D., assisted by Rosa C. Conger, M. D. 363 pages Illustrated. Price \$2.00.

Reputations of a kind are more easily made by medical men who pander to the natural love of the marvelous which is so prevalent in mankind and adopt the foul methods of treating disease which are at the present time so fashionable a craze, than by those who hew to the plumb-line and by strict study and practice of sober medicine and nature's ways ally themselves with the advance guard of the only solid and real progress in therapeutics.

By the publication of this book the writer seeks to ennoble the profession to which he belongs by decrying the lawless principle of treating organic life as if it was inorganic as do the drug doctors, inoculators, vivisectionists, et al, who make it vile and to stink in our nostrils by their trading upon our weaknesses that their own

pride and pockets may thereby be gratified.

Whatever impression may be left upon the mind of the careful reader of "Nature Cure," it will not be that the Drs. Conger are not thoroughly earnest "plumb-liners" who have any motive in its compilation other than that of putting into the hands of the masses an out and out useful work, embodying the best of what they know.

Herein the light is turned on to the objectionable medical mysteries. Latin prescriptions, dogmatic theories and dangerous experiments of the present expensive medical practice, as is stated in the prospectus. Prevention is wisely taught and the use of nature's remedies and methods and the best possible conditions for the working of the unseen living forces. While the work is not entirely free, in our opinion, from errors of fact, and certainly not faultless in its typographical composition, yet it is at least free from deception; there is nothing purposely misleading or false about it. On the whole we can confidently commend it as containing the most useful, all-round knowledge of any book of the kind we know.

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Field Notes.

Prof. F. A. Reynolds during the last few weeks has been doing good work in Solano Co., this state.

Our artist has done some fine sketches on gelatine for Prof. W. H. Chase, who is out with his stereopticon.

Prof. C. P. Holt is lecturing in the mining regions, casting pearls before—miners. May his path be strewn with golden nuggets.

Prof. D. C. Seymour has been lecturing in Seattle, Wash. He is now "Looking Backward" to B. C.—his old stamping ground.

Prof. W. S. Parks was at New Ulm, Minn., last we heard from him. Let us hear from other phrenologists with subscriptions to HUMAN NATURE.

Prof. T. H. Griffith, whose office is in the Marquam building, Portland, Or., sends in a few subscriptions now and again, as all good phrenologists should.

Dr. P. D. McCutcheon, who has been lecturing on theosophy, is returning to his "old hobby"—phrenology, and is now in Montana. He sent us a good order for charts.

Prof. C. F. Sprague, whose office is in the Pioneer Building, Seattle, Wash., has just been murdered—we mean married.

He is another of our proteges, but we did not expect this of him.

Rain or shine, election or no election, Prof. F. A. Farris keeps on just the same. Patience is a virtue and persistency wings victory from defeat. Prof. F. who has been working in Va., Minn., Mo., and Kas. intends sometime to give us a Cal.

What's in a name? Nearly all our traveling phrenologists have two first names. Prof. W. J. Wirtz, of Oregon, is no exception to the rule so far, and good reports come from him as we expected. He is only one out of many of our successful pupils.

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